

<p>Project</p> 	<p>Volunteering and wellbeing</p>	<p>Partner</p>	<p>Department of Planning and Community Development</p>
<p>Purpose</p> 	<p>The specific aims of the research project were to identify:</p> <ol style="list-style-type: none"> 1. The nature of the relationship between involvement in volunteering and perceptions of wellbeing, including the differences between volunteers and non-volunteers; 2. The nature of the relationship between individuals' motives, involvement in volunteering, perceived organisational support, and perceptions of wellbeing, social inclusion and connectedness; 3. How involvement in volunteering impacts on the social connectedness and social inclusion experienced by individuals and their subsequent wellbeing; and 4. The role of formalised volunteer-based organisations in facilitating or supporting social inclusion and connectedness of individuals. 		
<p>Method</p> 	<p>Stage one: a survey distributed to over 10,000 individuals (both volunteers and non-volunteers) in order to measure their individual perceptions of wellbeing.</p> <p>Stage two: a survey distributed to 4,000 volunteers in order to measure the relationship between volunteer motives, involvement, perceived social and organisational support and wellbeing, social inclusion and social connectedness.</p> <p>Stage three: a series of in-depth face to face interviews were conducted with 100 volunteers and volunteer coordinators from twenty community organisations. Qualitative data analysis was used to provide valid assessment of how involvement in volunteering facilitates social cohesion and connectedness and to uncover what aspects of organisational practice contribute to individuals experiencing these outcomes.</p>		
<p>Application</p> 	<p>The results of this study provided evidence-based data to the DPCD on the range of benefits to individuals that volunteering provides.</p> <p>The results also provided information on how volunteer organisations recruit, induct, connect, recognise and reward their volunteers.</p>		

